

Embody Bliss: Authentic Movements™

On-going Series for Women: Monday Evenings -OR- Tuesday Afternoons



Come! Celebrate! Experience Body Danced by Spirit!

An empowering, body-based spiritual practice, *Embody Bliss: Authentic Movements™*, enhances connection to and reverence for your body's wisdom, expanding potentials for unity, wholeness, and pleasure. Non-scripted moving meditation, guided by internal, sensation-based impulses teaches you to incarnate in each moment, revealing your intrinsic beauty, power and divinity!

Feel the Bliss of your Sacred Feminine Nature Embodied!



Experiential Movement-Based Class includes:

- Group meditation, discussion, and mini-lectures.
- Transformational processes that:
 - Open pathways to sub-conscious, cellular, soul-level knowledge.
 - Enhance receptivity to & trust of pleasurable impulses generated in the body.
 - Dissolve collective archetypes of femininity & pleasure - revealing true power.
- A sacred, safe, gentle, joyful, & loving container for body-mind-spirit discovery.

*Wear Non-Restrictive Clothes
Bring Water, Floor Pillow, & Blanket*

Profound contact with Essential Self arises...

*Effortlessly sparking fundamental expansion in perspectives, internal resources,
ways of being, and capacities to embrace your body and life.*

Offering 5 Session Series for only \$200! Choose Your Day & Time:

Monday Series: 9-5, 9-19, 9-26, 10-10, 10-17 ☺ 6:30-9:30pm

Tuesday Series: 9-13, 9-20, 9-27, 10-11, 10-18 ☺ 4:00-7:00pm

Limited Spaces - Reserve Yours Now (\$50 Deposit) ☺ (415)320-3340 -or- Lumenaria@AwakenUnity.com

Lumenaria E. Goyer, Ph.D.

Lumenaria E. Goyer, Ph.D. is a modern-day mystic, who sees herself as a student-teacher, continuously expanding within the limitless possibilities of Life, while sharing the wisdom she gains on her journey. Lumenaria's passion and forte for synthesizing esoteric spiritual wisdom to generate practical, down-to-earth approaches for assisting people in living more harmonious, fulfilling, and healthy lives radiates out into all she does. Her degrees in Clinical Psychology and extensive post-graduate training inform her holistic outlook. Lumenaria has combined her in-depth knowledge of energetic transformation, Tantric Sacred Union principles, and awakening the Divine Feminine with over twenty years of dance and movement training to create Embody Bliss: Authentic Movements™. Lumenaria is co-creator of Awaken Unity, a spiritual organization aimed at consciousness expansion, empowerment, and community building.



Here's what women are saying about EBAM...

"Abundant joy, peace, love and deep, deep wisdom."

"A fun, relaxing, and energy-filling experience...mystical, blissful events commence! I wish I could offer this to all the women in my life." – M.G.



"EBAM is highly creative, intensely beautiful and deeply transformative. Lumenaria holds the most impeccable space for each woman to uniquely uncover her own truth." – M.L.



"I've tried meditating before but my mind would get distracted. EBAM enabled me to connect with my intuition in a way that calmed my mind and filled my soul...the subtle gentle movements of my body allowed me to express my divinity...a rejuvenating, sacred experience." – N.D.

"Lumenaria's EBAM classes have been life-changing. I feel so privileged to have discovered two extraordinary teachers through this work -- first, my own body, a temple housing the most profound wisdom; and second, Lumenaria, an exquisite guide in the unlocking of that wisdom. There is so much to discover in this loving, pleasurable, movement that is our bodies' native expression. It is truly a sacrament and a delight." – C.H.

"For me, EBAM is about allowing... not directing, forcing or concentrating. It has taught me to trust my intuition, to trust that whatever comes up is for my highest good and will come forward with ease. This is the space I want to be continually operating from and the practice of EBAM brings me closer." – A.J.



Join us and experience the MAGIC of EBAM first-hand!

www.EmbodyYourBliss.com